

# Mario Lopez Admits to One Night Stand with Pop Star



By Amanda Boyer

Mario Lopez made a guest appearance on *The Ellen DeGeneres Show* on Thursday, October 2 to not only discuss his new book, but also to talk about the tale within it that is his real life. Lopez said that the book is a reflection of him turning 40 and all that's gone into getting to this point in his life. According to [UsMagazine.com](http://UsMagazine.com), he even admitted to a one night stand with a former pop singer, though he's keeping her name out of the limelight. Even when DeGeneres began naming names, Lopez wouldn't budge with regard to a big reveal.

**How do you keep your relationship details out of the spotlight?**

## **Cupid's Advice:**

Sometimes, certain aspects of your relationship are best kept private. If you're someone looking to keep your relationship on the down-low, Cupid has some tips to keep the public away:

**1. Stop revealing details to friends:** If you don't want people discussing the details of your dating life, refrain from dishing to your friends even though it might be tempting. Information can spread quickly!

**Related:** [Mario Lopez and Wife Courtney Are Expecting Baby #2](#)

**2. Talk it out:** Is something going wrong in your relationship? Try to talk it out, and do not be afraid to be truthful on how you feel. Make sure any arguments or fights are done behind closed doors away from prying eyes and ears.

**Related:** [Mario Lopez Marries Courtney Mazza](#)

**3. Stay in:** Stay out of the drama by staying in instead of going out. There are plenty of fun dates you can have in safety of your own home.

**Have any other tips? Share yours here!**